

ABSTRACT OF THE DISCLOSURE

An HAA includes a head slider having at least one head element, a high-stiffness arm member for supporting the head slider at one end section, an actuator, mounted to the other end section of the arm member, for rotationally moving the arm member in a direction substantially parallel with a recording medium surface around a horizontal rotation axis of the arm member, and a resilient plate spring for generating a load, the plate spring having one end section fixed to the arm member and the other end section provided with a load point for energizing the head slider in a direction to the recording medium surface.